

# Oringe Marmalad

## Description

This is an orange marmalade, from an early 17<sup>th</sup> century recipe book. The original owner of the book, Elinor Fettiplace, was an English gentlewoman, who often had well known high ranking guests at her country estate. This recipe then would be suitable for at least the gentry, and nobility; at least those who could afford imported Seville oranges. This was my first attempt at any sort of period food recipe.

## Original Recipe

*To Make Oringe Marmalad,*

*Take yor oringe Rindes pare them and boyle them until they bee very softe, then take them out of the water and bray them very small in a mortar, then take faire water some suger & the Juice of 3. or 4. oringes boyle and scum yt, then put in yor oringe stuff, let yt boyle a quarter of an hower them poure yt out and let yt stand, to a pound of oringes you must take a pound of pipines pared and cored and to every pound of pipines a pound of suger & a pinte of water, let the water and suger boyle and be scumed and then put in yor pipines and boyle them till they are very tender then breake them to peeces and put yor oringe stufte to them, let them boyle together still stiringe of yt until yt will cut (Fettiplace)*

## Gathering the Materials

Our own backyard provided the oranges used in this marmalade. Our oranges, which ripens in winter, are on the tart side, not very sweet, similar to my understanding of Seville oranges, which is what the description for this recipe suggested. My oranges however are larger as the notes call for 3-4 oranges for 1 pound, while that number in my oranges nears 1.5 pounds.

My area did not have pippin apples. I am not sure if they are out of season or what. Instead of pippin apples, I searched online to figure out which apples would work as replacements, that we could get locally. This lead me to a Wikipedia page on Gala apples, which our family enjoys eating. The article notes that Gala apples has been replacing some of the Orange pippin apples in the UK, so I figured that might work for my needs. The Cook's Thesaurus explained that Galas were good for baking and applesauce, so this would work. Not knowing how much we would use, my husband bought two bags which the kids enjoyed afterwards.

We also purchased regular pure cane sugar, and brown sugar from the grocery store. The recipe footnote suggests using a half/half mixture of the two to provide a taste closer to period sugar. I understand that period sugar came in loaves that had to be clarified, although I don't know much about this. I almost used Splenda baking as a substitute, but wasn't sure how that would affect the taste, so went with pure sugar instead. I plan to eat this sparingly.

We used our own modern kitchen equipment and utensils, and a digital postal scale for weighing the ingredients. This includes modern canning equipment, as I have no idea how period preserves were, well, preserved. Not wanting to get my family or the judges sick, I chose to preserve the marmalade with modern canning methods.

## Making the Marmalade

First we washed and de-stemmed the 6 oranges (rougly 2 pounds) and 2 pounds of apples. I say we, as my children and husband wanted to help since they were all curious as to how this would taste. My husband

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has made modern orange marmalade before as well, and was making it again while I made this period recipe. We realized that with the weight of the oranges, we would need to double the recipe, since it is based on a single pound of oranges.

I then cut the oranges in half with a sharp knife, and squeezed out as much of the orange juice as I could. My children were happy to help with this as well, although I had to resqueeze their oranges to get more juice out.

I then put on water into a large pot, placed the orange hulls, covered it just enough with more water, and simmered it for about 50 minutes. We then checked on how soft the hulls were. They needed more time to cook. Nearly at the hour mark our oranges were ready for the next step.

While the hulls were very soft, grinding them in a mortar was not possible as my mortar is rather small, more for herbs really. So I placed them into our electric blender and blended them with some coaxing and a little water. Next time, I'll read the notes better and blend them with a hand mixer, not blender. It took a bit to get the orange hulls out from underneath the blender blades.

Next I made a syrup of 1 pounds of white sugar and 1 pounds of brown sugar, by adding the sugar into 2 pints of water (32 oz) in a pot, and bringing to a short boil for a minute or two till all was dissolved. I was given the option in the notes for either the two pounds of sugar, or 4 pounds. Because we are on a low-sugar diet, I went with the two pounds.

I put aside roughly half of the sugar syrup into another container, put in the orange juice from earlier, and brought both to a boil and scummed the foam from the top. Then the blended peel was added and the whole was boiled for 15 minutes.

While the orange mix was boiling, I sliced the apples, but didn't pare them, as the notes forgot to mention that. Should have re-read the original recipe again. I then juggled the pots around and got the apples in with the other half of the sugar syrup, and set this to simmer. It took awhile for it to get to transparent and tender, so my husband tended to this portion while I ate some dinner, and got my daughter's bath going.

At this point the notes to the recipe go on about making a thick, stiff orange meat treat, which would be much too sweet for us, and require double the sugar. I wanted marmalade, similar I hoped to what I enjoy eating already, so we made the more liquid type. The notes go on about whole apple slices, which I didn't want, so we began to cut into the apples to make it easier to eat later, making the pieces closer to bite sized. At this point I realized that the notes never really explain what to do next other than the comment about putting the oranges to the pippins, so we did, and continued to boil. Thankfully, my husband's experiences with marmalade making helped, in that he could tell me when the whole mixture was finally getting to the point of setting.

We then let the marmalade cool a little while we got the canning pot going with hot water. My husband had made use of the rest of our oranges to make modern marmalade, which went faster than my period marmalade did, so the water was very warm already. I filled and set seven jam jars, and had enough for a pint jar as well. We canned the seven jam jars by boiling for 20 minutes in water, and put the pint jar into the fridge for immediate use.

## Thoughts

Yum!! My first attempt was a success!

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I do find it interesting that the whole outer hull and pips are used, and is tasty. In my husband's modern version, only a portion of the hull is used, and seems more as an interesting visual than a main portion of the marmalade.

I do think that next time (most likely next year) the apples will be peeled, and boiled down to applesauce before adding the orange mixture. While it is odd for me having the odd bite of apple chunk, this chunkiness has turned off the kids from eating what I, with their initial help, have created.

## **Bibliography/Sources Cited**

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The Cook's Thesaurus: Apples. <http://www.foodsubs.com/Apples.html>